

HANDHELD GYROSCOPIC EXERCISE DEVICE

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Abstract of the Disclosure

A gyroscopic exercise device has a pair of handles attached to a housing. A user holds and rotates the handles along a cone-like path causing precession of a rotor, which is rotating about its spin axis, to provide resistance to the user. The device has a ring guide that holds ends of a shaft, which is coupled to the rotor. The periphery of the ring guide and the ends of the shaft are within a circular race defined by the housing. A motor attached to the ring guide drives a wheel that rotates the rotor about a spin axis by using energy provided by batteries in one of the handles. The energy passes through a conducting conduit that rotates about the precession axis. The ring guide, motor, and rotor can rotate together during precession of the rotor.

PATENT

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